

The Value of Customizable Meal Plans

A Meal Plan, in NutriBase parlance, is a collection of up to three meals and three snacks a day for up to four weeks. Meal Plans can be written at any calorie level. They can be designed for any special need (weight loss, bodybuilding, hypertension, diabetic, etc.). They can be edited. A day (or any combination of meals and snacks from a day) of a Meal Plan can be copied to another day or days of the same or different Meal Plan.

NutriBase supports the creation and organization of Personal Food Items, Recipes, Meals, and Meal Plans. Each of these units sit in a hierarchy that culminates into what we call a "Meal Plan."

Here is the systematic approach that we recommend:

- 1) Create Personal Food Items.** These are the food items you use over and over. Storing them as PFI's and organizing them in your PFI Manager makes it faster to access these frequently used items. They can be used in recipes, meals, or meal plans.
- 2) Create Recipes** by combining food items from the nutrient database and from your Personal Food Items, if desired. You can also use recipes-within-recipes (as ingredients for other recipes).
- 3) Create Meals** by combining food items, PFI's, and recipes. Meals use all the other components mentioned previously. A Meal could contain a beverage from the database, a salad from a nearby restaurant, and a recipe that you've created for use in your Meals.
- 4) Create Meal Plans** by using your Meals as the building blocks for your Meal Plans.

Example

Suppose you want to create a four-week low fat meal plan for weight loss clients. Here's how you would tackle this in NutriBase:

Create, say, a dozen low fat Breakfasts that all have, say, 400 calories. Organize them in your Meal Manager under the Breakfast Tab.

Create, say, a dozen low fat Lunches that each have, say, 500 calories. Organize them in your Meal Manager under the Lunch Tab.

Create, say, a dozen low fat Dinners that each have, say, 600 calories. Organize them in your Meal Manager under the Dinner Tab.

Create a dozen sets of snacks at 100, 200, and 300 calories and organize them in your Meal Manager under the Snacks Tab.

Once you've created these meals and snacks, use them as the modular building blocks for your new Meal Plans. For instance, combine any Breakfast, Lunch, and Dinner to create Day One of a 1500 calorie Meal Plan. If you are looking for an 1800 calorie Meal Plan, add three 100 calorie snacks to Day One.

With this repertoire of meals and snacks at your fingertips, you can create "on-the-fly" Meal Plans that satisfy the personal needs (and tastes) of any client. "Mix and match" them to create a wide variety of Meal Plans at a wide variety of calorie levels.

Free, Downloadable Meal Plans. CyberSoft provides a variety of free, downloadable Meal Plans from our web sites. Current Meal Plans cover special needs such as vegetarian, Vegan, diabetic, hypertension, healthy hear, balanced weight loss, and low carbohydrate weight loss. Each of these special needs is available in eight different calorie levels.